



Shirley Penguins Swim Team

2016 Summer Program Registration
Minuteman Summer Swim League



The Penguin Swim program is a part of Shirley Rec, coordinated by a subcommittee**. It is open to all swimmers ages 4-18 (as of July 1st), in all communities. This is an excellent way to introduce your child to a more structured yet fun, competitive swim setting, to improve their skills and conditioning.

If, after reading this two sided information sheet, you would like to attend an INFORMATIONAL MEETING (date tbd) please send an email to theshirleypenguins@gmail.com to get notification, or send your questions to one of the contacts listed below.

Practices at Benjamin Hill Pool 91 Benjamin Hill Rd., Shirley

Tuesdays, Wednesdays, Thursdays, June 22 - Aug 11

June 22- June 30 7:00 -8:15

July 5 –August 11 7:00- 8:45

Two nights/week minimum*, no maximum

Occasional additional practice time(s) may be offered as make-up for excessive weather cancellations, as pool availability and team size allow.

*Recommended for best results- improvement & conditioning

Saturday Meets Schedule- Minuteman Summer Swim League

July 23rd
2pm**, Revere

July 30th
4pm**, Concord

August 7th
8am, Groton

August 13th
7:30-1, Groton

Possibly an additional practice meet in Shirley **exact times subject to change

All teams participate in CHAMPIONSHIPS August 13th

PROGRAM COST: \$110 per swimmer for 8 week program

REGISTRATION DEADLINE: JUNE 20

\$10 discount for additional siblings after the 1st fully paid registration

Registration fees help cover expenses such as 1 cap/swimmer, 23 nights pool time, league dues, ribbons & championship trophies, 4 meets
Not included: team speed suit (optional), goggles

Contacts: Coach Cliff Bailey 978-502-9485; Team Manager Theresa Richards 978-425-9234
Shirley Recreation 978-425-2600

EMAIL: theshirleypenguins@gmail.com Visit us on facebook!

Volunteers for the subcommittee are crucial to the existence of the program.
Please consider it.

Now that you have read the overview (reverse side), here are more details about the Shirley Penguins Swim Team.

Basic guarantee: The Shirley Penguins Swim Team is a seven-week program in which swimmers can improve their strokes, learn flip turns, dives and competitive swimming techniques. We have seen swimmers rise to a whole new level of confidence not only in their water skills, but also in themselves! Comfort in the water and a basic swimming skills needed. If you are uncertain about the fit of the program for your child, you can observe your child during practices, speak with the coaches and Team Manager and withdraw by June 30 for a full refund.

Swimmer Commitment: A minimum of two practices/week is strongly recommended to improve skills and conditioning. There is no maximum. Penguin Swim program is a team effort. Practice time includes set-up and clean up time at the pool. Everyone takes a turn pitching in-putting lane lines in, diving blocks, flags, practice supplies where they belong. We've found the kids really like this concerted effort.

Meet participation is not required but championship meet participation requires participation in one other meet. There is a morning meet (Groton), mid-afternoon (Revere-indoor), and one late afternoon (Concord). Minuteman Summer League members include Revere Sandsharks, Groton Gators, Concord Otters, Swymfit Swordfish and Boston College Eaglets.

Adults: No need to be bored or watch the meet from afar! Get an up front perspective and be a part of the action. The league needs a few adults per meet, per team to be a timer, runner, recorder or bull-pen assistant. No experience necessary. Thumbs are helpful.

League teams rely on volunteers for the continuation and success of this wonderful program (not unlike other community activities). Please give a few (3-6) hours of your time during the whole season for any of the following: practice set-up/tear-down, Recreation subcommittee, publicity, fundraisers, meet support (as mentioned above), or uniform ordering/distribution. You can indicate your preference on the registration form.

Additional equipment/supplies and information:

- Swim cap (provided) is required for meets. Practice cap/backup is strongly suggested.
- Drag suits (regular trunks) are ok for practices but jammers (for boys) are strongly suggested for meets. Purchase information will be provided. One piece suits for girls a must.
- Goggles STRONGLY recommended; we can offer tips for finding a good fit. Backstroke swimmers should get tinted goggles for outdoor pools.
- Bug repellent suggested for observers at evening practices after the sun goes down.

Financial Assistance: Please speak with Shirley Rec or Penguins coordinator regarding partial assistance.



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Complete all information below, mail with payment to Penguins, % Shirley Recreation, 7 Keady Way, Shirley, MA 01464, or drop both at the Recreation office in the Shirley town hall, or register and pay online at <http://www.shirley-ma.gov> Click on Recreation

DEADLINE JUNE 20TH AFTER DEADLINE CALL OR EMAIL contacts for availability.

Checks payable to **"Town of Shirley Rec"** with **"Penguins"** in the memo line or online

Name of Swimmer #1 _____ DOB _____ \$110

Name of Swimmer #2 _____ DOB _____ \$100

Name of Swimmer #3 _____ DOB _____ \$100

Address: _____

Telephone (h/c/w) _____ telephone (h/c/w) _____

Email (1): _____ email (2): _____

Cancellation notifications (inclement weather) will be by email and Penguin Facebook by 6:00pm

Please indicate which of the following you would consider helping with:

Practice set up/clean up _____ Rec/Swim team subcommittee _____ Publicity _____
fundraiser _____ meet support _____ uniform ordering/distribution _____

Medical Insurance Carrier _____ Policy Number: _____

Injury Waiver: I hereby absolve the Shirley Penguins Swim Team, and the Town of Shirley Recreation Department, including all coaches, managers, officers, and others participating in swimming activities as well as the Town of Shirley and Minuteman Summer Swim League from all liability and will not hold them responsible for injury incurred to the registered person and hereby give my approval to my child's participation in this team. It is my understanding that the Shirley Penguin Swim Team has authority to suspend registered swimmers for poor behavior detrimental to the purpose of the team or the league. In case of emergency, I give permission to secure medical treatment at the most readily available hospital emergency room. I accept full financial responsibility for medical care of the registrant. _____ initial here

I have read and understand the two-page information for Penguin Swim Team _____ initial here

Parent/Guardian names (print) _____

Signature: _____ Date: _____

select one: _____ paying in full by 6/20 _____ paying ½ by 6/20 and balance by 7/7

For new team members only: referred by _____ (name)